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CHFS FOCUS

CHFS Focus Employee Spotlight: Barbara Fox, Preparedness Public Information Officer

They say everyone has a book in him or her, but capturing Barbara Fox's diverse background and life experience would require several volumes.

She now serves as the preparedness public information officer in the Division of Communications, working closely with



Department for Public Health staff to increase the Cabinet and local health departments' ability to communicate quickly with the public in a public health emergency.

"I gain satisfaction working to prepare communications materials that may be needed in times of crisis to keep the public informed," said Fox.

But this is only the latest stop for Fox on a whirlwind career. She previously has worked as a technical writer for the military at Fort Bliss, Texas, and as a journalist for the Alaska Post in North Pole, Alaska. She served as an intelligence analyst for almost six years, where she instructed soldiers on everything from the firing of former Warsaw Pact weapons and foreign vehicle identification to processing prisoners of war. She also managed tours to the former East German/Czechoslovakian border.

"I also have over 15 years' experience as a family support group leader for military families and have baked an overwhelming number of cookies for soldiers!" Fox said. "I was formerly known as the 'Cookie Lady' and never let a single trooper feel left out during deployments and holidays."

Fox's list of accomplishments doesn't stop there. She has also worked on soil research for the U.S. Forest Service in Arizona's Sonoran Desert and salmon restoration in Puget Sound. Fox has several degrees from Arizona State University, Evergreen State College, Clover Park Technical College and Central Texas College.

All that work would seem to be enough, but Fox describes herself as "an adventurer, never afraid to try new things."

Fox said, "My adventuresome spirit has seen everything from frostbite to heat exhaustion! Three years ago I crossed the Grand Canyon from South Rim to North Rim (down and back up again for 24 miles) in 13 hours, but on the way back up I started to suffer from heat exhaustion because I was carrying too much water in my pack!"

Fox also has a wide range of hobbies. "On the domestic side, I enjoy gardening, landscaping, hardscaping - working with masonry and creating my own bricks and building materials, papermaking and collecting old rustic antiques," Fox said. "On the adventurous side, I enjoy skiing and mountain climbing in general. My favorite type of climbing is traversing across glaciers. I did a lot of this while residing in Alaska and climbed Mount Rainier and Adams when I lived in Washington. I also was a competitive runner for many years and raced in everything from the one-mile to the half-marathon. I don't run anymore, although I probably will take it back up soon."

Around the communications division, Fox is sometimes referred to as "our own Martha Stewart." She routinely brings the staff bags of fresh produce from her garden, makes beautiful cards and scrapbooks to commemorate office and personal events and shows off photographs of her many projects around the new log home she and her husband are building in Stamping Ground. Even her cubicle is decorated to be a cozy and inviting.

Fox has been married to her husband Stephen for 19 years. They have a 19-year-old daughter, Casey, who is studying to be a chef in Arizona and a 7-year-old son, Logan. Stephen recently retired after 27 years of active duty service in the Army.

"Right now I am just taking a break from traveling!" Fox said. "In the last 20 years, I have moved over 16 times. In fact, I have moved so many times that I have memorized all of the moving box names and numbers."

So, what's next for this adventurer?

"In the next few years I hope to return to Alaska and view the giant Kodiak brown bears first-hand with a guide on Kodiak Island," Fox said. "I also hope to head north to Churchill, Manitoba, Canada to venture out on the arctic ice in a tundra buggy to view the polar bears as they migrate out to Hudson Bay. Other than that, my calendar looks open!"

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CHFS Focus Program Spotlight: Suicide prevention week marked by Louisville conference featuring nationally recognized experts

In Kentucky 50 percent more people die by suicide each year than by homicide, according to Department for Public Health statistics.

"Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing," said Jason Padgett, the state's suicide prevention coordinator. "According to the American Association of Suicidology, when suicidal intent or risk is detected early, lives can be saved."



The Kentucky Suicide Prevention group is marking Suicide Prevention Week, Sept. 4-10, with a conference and workshop at the Galt House in Louisville. The cost is \$60 for each two-day event.

The conference, Suicide Prevention: It's Everybody's Business, is Sept. 6-7 and focuses on building local coalitions to address this public health problem. "Research shows that a community approach to prevention is more effective than individual interventions," said Pat Wear II, commissioner of the Department of Mental Health and Mental Retardation Services. "Universal programs broadly blanketing a school or community have been shown to be effective in reducing suicide rates. For example, the Air Force's prevention program removed barriers, increased knowledge, attitudes and competencies within that community and increased access to help and support with a consequent decrease in suicide rates."

Barbara Rubel, a nationally recognized expert on suicide and grief, will lead a grief workshop called Palette of Grief Sept. 8-9. The workshop will allow participants, both survivors and service and support providers, to identify grief through an art exercise. "I look at grief as a palette of many colors: emotional, behavioral, cognitive, spiritual, and physical colors," Rubel said. "The colors blend together and no two palettes are alike. Whether your loss was recent or occurred several years ago, every person grieves in their own way."

For more information about the conference or to register, contact Jason Padgett at (502) 564-4456 or visit http://mhmr.ky.gov/mhsas/HTML/PDFs/SuicidePreventionConferenceBrochure_June27.pdf.

Suicide Prevention: It's Everybody's Business Conference September 6-7, 2005

Palette of Grief™ Workshop presented by Barbara Rubel September 8-9, 2005

At a Glance

Monday, September 5, 2005

6 – 8 p.m. Early Registration (West side - 3rd Floor Registration Area)

Tuesday, September 6, 2005

7 – 10 a.m. Registration (West side - 3rd Floor Registration Area)

10 – Noon Plenary (West side – Archibald)
Suicide Prevention: An Overview
Jerry Reed, Suicide Prevention Action Network
From Public to Private: A Family's Plight
Iris Bolton, Executive Director, The Link Counseling Center

12 – 2 p.m. Working Lunch (West side – Archibald)
Question, Persuade, Refer, QPR for Suicide Prevention
Bob Robey, QPR Trainer and Consultant

2 – 5 p.m. Topical Breakout Sessions (East side rooms – 3rd floor)

5 – 7 p.m. **Reception** (East side - Segell) - An opportunity for participants and community/government officials to meet, greet, and inter-mingle with the presenters/speakers. This will also include a poster session featuring research in the area of suicide and self-injury prevention.

Wednesday, September 7, 2005

8:30 – 10 a.m. **Community & Coalition Building** (East side – Grand Ballroom)
David Litts, Associate Director Prevention Practice, Suicide Prevention Resource Center

10:30– Noon **Facilitated Community Coalition Building Workgroups** (East side – Grand Ballroom)

12 – 2 .pm. "Send Off" Luncheon (East side– Grand Ballroom)
Becoming Highly-Resilient in Difficult Times
Barbara Rubel, Executive Director of the Griefwork Center, Inc.

Thursday, September 8 and Friday, September 9, 2005

8:30 a.m. – **Palette of Grief™ Workshop** (East side - Combs-Chandler)
Barbara Rubel, Executive Director of the Griefwork Center, Inc.

3:30 p.m.

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OIG, Aging, DPH programs featured at State Fair in its last week

By Anya Armes Weber

There's one week left to visit the 2005 Kentucky State Fair and the Cabinet's "Get Moving on the Path to Better Health" exhibit.



The interactive exhibit located in the South Wing of the exposition center features information and games with topics including nutrition, physical activity and family services. Screenings including body fat analysis, blood pressure and diabetes are also offered.

The fair, at Louisville's Kentucky Fair and Exposition Center, is open daily from 9 a.m.-10 p.m. Tickets are \$7 for adults, \$3 for children and \$3 for seniors 55 and older. Children 2 and younger get in free. Parking is \$5.

Log onto www.kystatefair.org for more information.

Listed below is a calendar of rotating display elements and program areas featured daily:

Cabinet for Health and Family Services 2005 State Fair Schedule

Monday, Aug. 22

KASPER and Prescription Drug Abuse – Office of the Inspector General

Tuesday, Aug. 23 (Seniors Day)

Stroke Prevention – Department for Public Health
Glucose Monitoring and other Senior Services – Cardinal Hill Hospital
Aging Information – Division of Aging Services

Wednesday, Aug. 24 and Thursday, Aug. 25

Lead – Department for Public Health
Consumer Safety – Department for Public Health

Friday, Aug. 26

Glucose Screening – Jefferson County Health Department

Saturday, Aug. 27 and Sunday, Aug. 28

Substance Abuse Awareness – Division of Mental Health and Mental Retardation

CHFS 5 A Day Challenge finale is next week

The CHFS 5 A Day Challenge will wrap up Aug. 24 with a special celebration from 11:15 a.m.-1:30 p.m. at the CHR Building. Secretary Holsinger and Delanor Manson will kick off the event. The celebration will feature a cook-out, nutrition information and games including bean bag toss and 5 A Day Jeopardy! Tickets for the cook-out are \$6 and may be purchased in advance from any cafeteria cashier.



Photo from the Kentucky State Police

KSP kicks off expanded Amber Alert system

Above: Kentucky State Police Commissioner Mark Miller (right), Major Mitch Bailey (left) and other troopers joined Amber Alert Portal Indy 300 winner Scott Sharp in Victory Lane at the Kentucky Speedway in Sparta on August 14.

The race kicked off Kentucky's expanded Amber Alert system, which speeds up the notification process by as much as 30 minutes and lets the public register to receive information about abducted children on personal computers, cell phones, Palm pilots and pagers.

To sign up for the alerts, visit
<http://www.KentuckyAMBERAlert.com>.

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Ten-Ure holding membership drive

Ten-Ure representatives will be in the CHR Building lobby the second Wednesday of each month to distribute information and take membership applications.

Ten-Ure is an organization for state employees with at least 10 years of state service. The organization was formed in 1950 and is credited for accomplishments such as state-paid employee insurance benefits.

Ten-Ure works with other state organizations to promote employee benefits.

The next annual Ten-Ure conference will be held May 18-20, 2006 at the Executive Inn in Owensboro. The annual conference is open to all Ten-Ure members.

The annual membership fee for Ten-Ure is \$15 and annual membership runs from April 1-March 31. Membership dues may be payroll deducted.

For more information please contact Ten-Ure's 2005-2006 president Gary Brooks at gary.brooks@ky.gov.

KECC golf scramble is next month

By Anya Armes Weber

The second annual Kentucky Employees Charitable Campaign golf scramble is next month – but NOW is the time to register.



The event is Friday, Sept. 16 at Frankfort's Juniper Hills Golf course. Teams of four players may sign up. The entry fee is \$40 per person and includes lunch. Make checks payable to KECC Charities.

Lunch will be served at noon and the shotgun start is at 1 p.m.

E-mail Jane Corder at Jane.Corder@ky.gov to register or for more information.

Charity profile: Easter Seals Kentucky

Easter Seals Kentucky provides direct programs and services each year for more than 30,000 physically challenged children and adults throughout the Commonwealth. It's the largest provider of physical rehabilitation in Kentucky. Easter Seals helps people

involved in catastrophic accidents or who have chronic and disabling conditions achieve maximum independence.

The organization provides comprehensive programs for treatment of brain injury, stroke, amputation, spina bifida and autism.

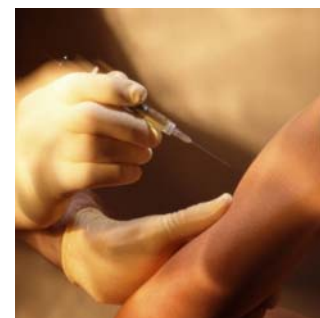
For more information about Easter Seals Kentucky, log on to <http://www.cardinalhill.org/>.

CHFS Health Tip of the Week: Don't forget to update children's shots

By Anne Parr, R.N.

The beginning of school is the perfect time for parents to make sure their children have been immunized.

Keeping children and teens up to date on their vaccines keeps them healthy by preventing serious diseases, not only in themselves, but also in those around them who may not be protected.



Without vaccines the incidences of preventable childhood diseases such as polio, measles and mumps could rise. Unvaccinated kids would be susceptible to the diseases, which in severe cases could be life threatening. Parents should consult their children's doctor for a vaccine schedule.

For more information on children's immunizations visit, <http://chfs.ky.gov/NR/rdonlyres/431670D6-B2CF-4978-9E8D-B2A49366E941/0/2004childschedule.pdf> or to learn more about adult immunizations, visit <http://www.cdc.gov/nip/recs/adult-schedule.pdf>.

Personnel Cabinet launches Web site for Merit System Blue Ribbon Task Force

New site will allow employees to submit feedback and access meeting materials

From the Kentucky Personnel Cabinet

On Aug. 12, the Personnel Cabinet announced the launch of a new Web site aimed at allowing state employees and the public to submit feedback to the panel and access materials and video from the group's meetings. The site can be found at

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<http://personnel.ky.gov/stemp/meritsysbrtf/>, or by following a link from the Personnel Cabinet's home page at <http://personnel.ky.gov>.

"The mission of this task force is to evaluate the merit system as an effective human resource system that promotes a positive employee relations environment and encourages maximum employee productivity," said Erwin Roberts, secretary of the Personnel Cabinet. "Having employee input and employee perspective is key to the objectives of what we are trying to accomplish."

The Merit System Blue Ribbon Task Force was created by Governor Ernie Fletcher to review and make recommendations regarding Kentucky's Merit System. The 20-member bipartisan panel has met twice and has a third meeting scheduled Monday, Aug. 29. The four subcommittees evaluating governance, selection, employee relations and classification and compensation also have met and will be meeting prior to the full task force meeting on August 29.

The Web site provides a place for employees to voice their opinions and give informative comments to the task force, and receive all the same information distributed to members of the task force.

Meeting notices, meeting minutes, links to KET's streaming meeting video and full group presentations will also be available on the site.

An e-mail address prominently displayed on the site will provide employees with a way to send their opinions and insight into the merit system to the panel for review.

"This panel will review a great deal of information, including employee feedback and information on best practices from the private sector and from other states," said Roberts. "But the end result – a final report that will be given to Governor Fletcher by Nov. 1 – will be a Kentucky solution. Employees should have a voice in that process."

Employee Enrichment

By Anya Armes Weber



Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.

When office walls are actually fabric partitions, it's almost impossible not to hear what's being said in the cubicle beside you – or even several cubicles away, at times.

When workplace neighbors are a little too loud for comfort, the volume won't go down unless you address the problem.

Etiquette experts offer two pretty good options.

You can react out of respect: "I know you want your privacy, but I could hear a lot of your last conversation."

Or, you can be direct. "I'm working on a deadline and am a little distracted by your conversations. Would you mind talking a bit more softly, please?"

Don't react by talking loudly yourself to show your neighbor how it feels and sounds. Chances are they won't even notice. Diplomacy is almost always the best option.